

Montana: Burden of Chronic Diseases, 1996

Cardiovascular Diseases

- Cardiovascular diseases were the most common cause of death in Montana in 1996, accounting for 2,906 deaths, or 38% of all deaths.
- Ischemic heart disease accounted for 1,191 deaths, and 549 deaths were due to stroke.
- Rates of death from ischemic heart disease were 127% higher among men than among women.

Cancer

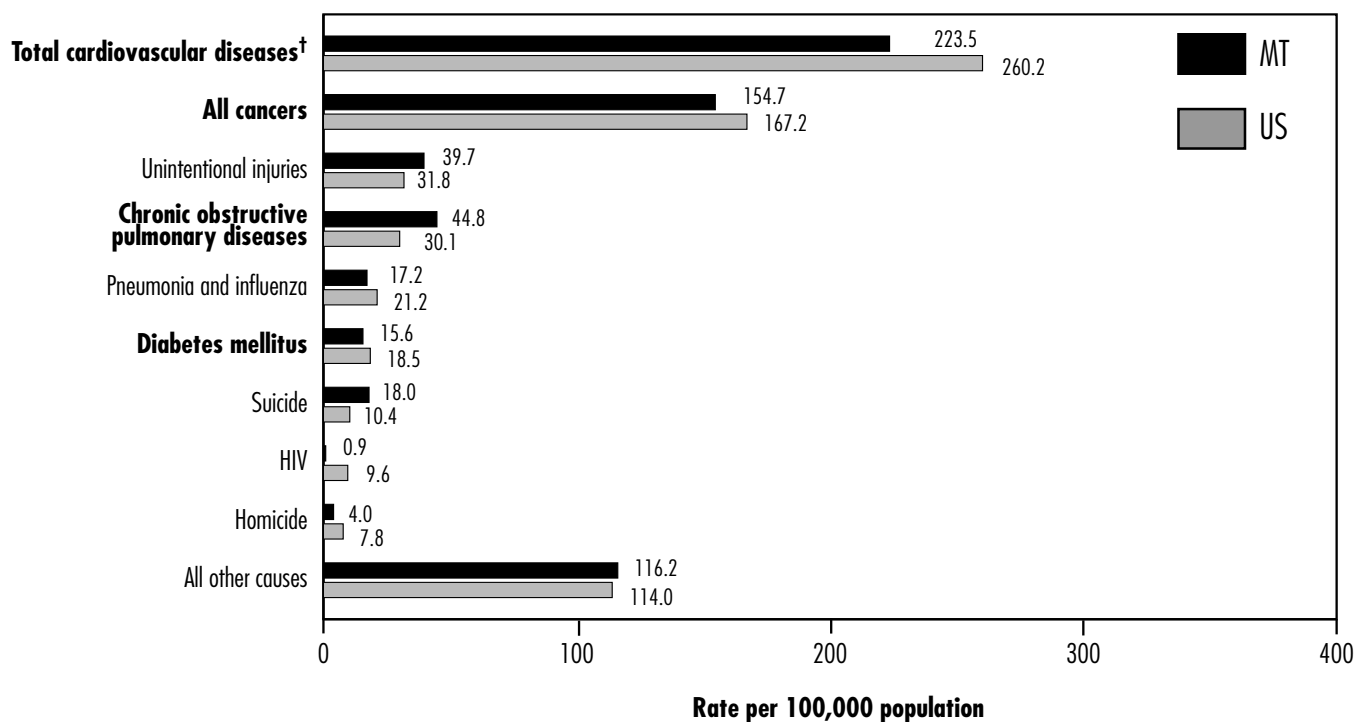
- Cancer accounted for 23% of all deaths in Montana in 1996.
- Rates of death from lung cancer were 87% higher among American Indians/Alaska Natives than among whites.

- The American Cancer Society estimates that 4,100 new cases of cancer will be diagnosed in Montana in 1999, including 600 new cases of lung cancer, 400 new cases of colorectal cancer, 600 new cases of prostate cancer, and 600 new cases of breast cancer in women.
- The American Cancer Society estimates that 1,900 Montana residents will die of cancer in 1999.

Diabetes

- In 1996, 20,566 adults in Montana had diagnosed diabetes.
- Diabetes was the underlying cause of 188 deaths and a contributing cause of an additional 348 deaths.

Causes of Death, Montana Compared With United States, 1996*



*Deaths per 100,000, age adjusted to 1970 total U.S. population.

†Total cardiovascular disease rates include rates of death due to ischemic heart disease (95.9 per 100,000 in Montana and 131.0 per 100,000 in the United States) and rates of death due to stroke (39.8 per 100,000 in Montana and 42.0 per 100,000 in the United States).

Montana: Risk Factors and Preventive Services, 1997 and 1998

Risk Factors Among Adults

- In 1998, current cigarette smoking was reported by 43% of American Indians/Alaska Natives and 20% of whites in Montana.
- Thirty percent of American Indians/Alaska Natives and 25% of whites reported no leisure-time physical activity.
- Eating fewer than five servings of fruits and vegetables per day was reported by 92% of American Indians/Alaska Natives and 76% of whites.
- According to self-reported height and weight, 64% of American Indians/Alaska Natives and 52% of whites were overweight.

Risk Factors Among High School Students

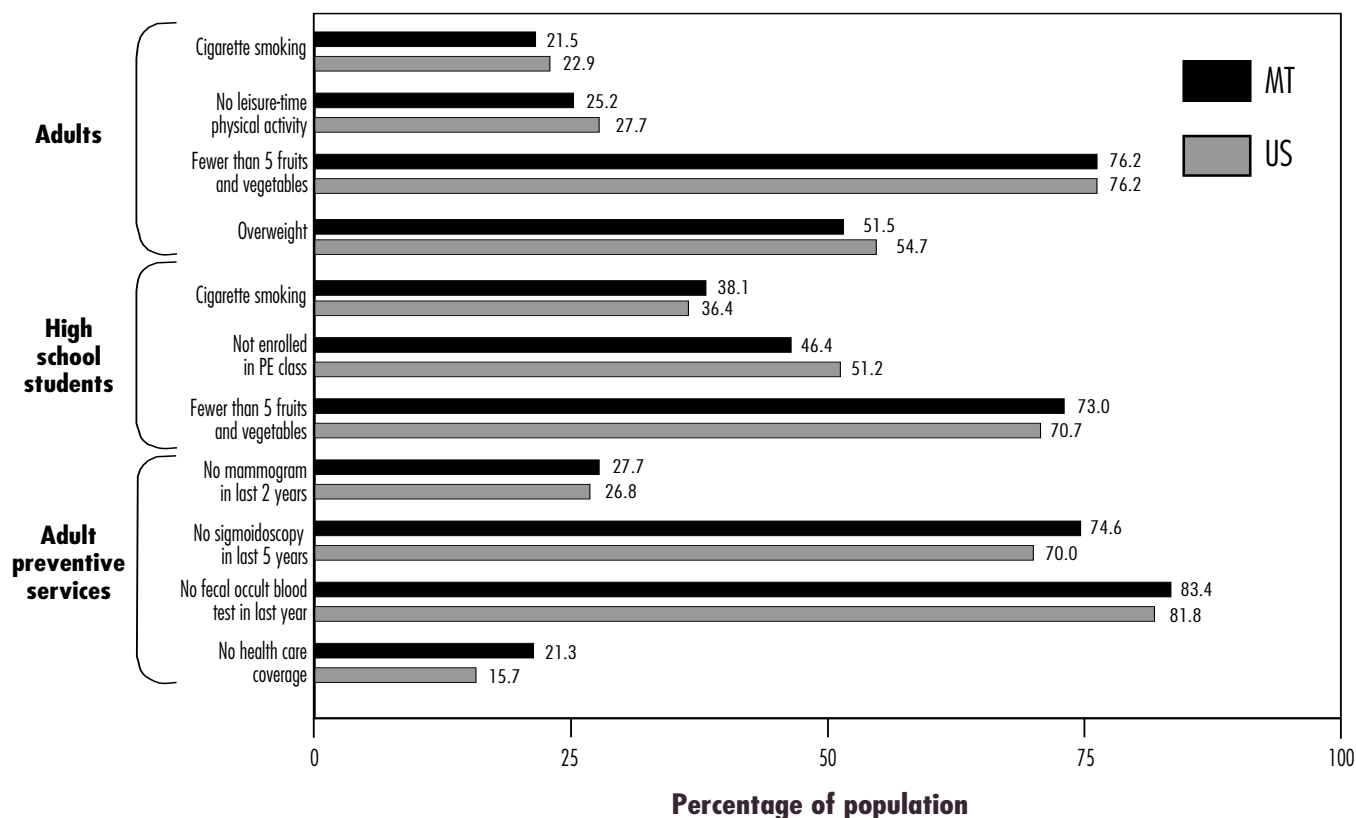
- In 1997, almost 40% of both male and female students in Montana reported smoking cigarettes.

- Fifty percent of female and 44% of male students reported not being enrolled in physical education classes.
- Eating fewer than five fruits and vegetables per day was reported by 75% of female and 71% of male students.

Preventive Services

- Montana had the eighth highest percentage of adults aged 50 years or older who reported not having had a sigmoidoscopy in the last 5 years.
- Among adults aged 50 years or older, 87% of men and 80% of women reported not having had a fecal occult blood test within the last year.
- Among states, Montana has the eighth highest percentage of adults aged 18–64 years who reported having no health care coverage.

Risk Factors and Preventive Services, Montana Compared With United States



Source: CDC, Behavioral Risk Factor Surveillance System, 1997 and 1998.
CDC, Youth Risk Behavior Surveillance System, 1997.